

# BODY SCULPTING

This fitness class is focused on muscle toning and core strength exercises. We will perform weight training moves utilizing dumbbells, weighted balls, bands and a variety of exercise equipment to help tone the body and create long, lean, strong muscles.

Instructor: Claudia Zoeller

**THURSDAYS**

**MARCH 10 - APRIL 28**

**NO CLASS 3/24**

**TIME: 7:15- 8:15 PM**

**AGES: 16 AND OVER**

**REGISTRATION BEGINS:**

**RESIDENTS - JANUARY 31**

**NON-RESIDENTS - FEBRUARY 16**

REGISTRATION AND CLASSES HELD AT  
THE SURFSIDE COMMUNITY CENTER  
9301 COLLINS AVENUE

**FEE:**

**RESIDENT \$84.00**

**NON-RESIDENT \$119.00**

**7 WEEKS = 7 CLASSES**

**DROP IN FEE PER CLASS:**

**RESIDENTS \$15**

**NON-RESIDENTS \$23**



**INTERESTED IN OUR CLASS CARDS?  
ASK THE FRONT DESK FOR MORE INFORMATION**

**PROOF OF RESIDENCY IS REQUIRED AT THE TIME OF REGISTRATION.**

**\*CHANGES/CANCELLATIONS ARE SUBJECT TO ADMINISTRATIVE FEES**



**FOR MORE INFORMATION CALL THE  
SURFSIDE COMMUNITY CENTER (305) 866-3635 IT STARTS IN  
WEBSITE: [WWW.TOWNOFSURSIDEFL.GOV](http://WWW.TOWNOFSURSIDEFL.GOV)**

**PARKS**  
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